

Inland Southern California Couples Workshops

PRESENTS

The Gottman Institute's

THE **ART** AND **SCIENCE** OF **LOVE**



A WEEKEND WORKSHOP FOR COUPLES

Presented by

Craig Tucker, LCSW

Based upon Dr. John Gottman's four decades of research with thousands of couples

**Inland Southern
California Couples
Workshops**

The Second Weekend
of Every Month
In Redlands, California

The workshop is grounded on what actually works in relationships that are happy and stable.

Who Should Attend

The Art and Science of Love workshop is designed to strengthen relationships through engaging presentations and experiential activities. If you have a strong relationship, this workshop will provide you with the insights and tools to foster further closeness, friendship, and trust. If your relationship is distressed, this two-day workshop will provide you with a greater understanding of your relationship and a road map for repair. We welcome couples of every culture, religion, ethnicity, race, ability, and sexual orientation to attend.

What You'll Learn

At the workshop, couples learn how to:

- Foster respect, affection, and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict gridlock
- Strengthen and maintain the successes in your relationship

The Workshop Program

Dr. John Gottman has learned what really makes marriages work by studying and following over 3,000 couples in four decades of research. Drs. John and Julie Gottman have designed this experiential workshop to teach you exactly what successful couples do to foster romance and harmony in their marriages.



Workshop Topics

- Learn to recognize the Four Horsemen of the Apocalypse and what to do if they are attacking your marriage
- Identify your relationship's specific strengths and how to build on them
- Learn about the effects of physiological flooding and how it may affect conflict resolution
- Learn small, easy steps that increase romance in your relationship
- Learn how Love Maps provide a solid foundation for your marital intimacy
- Use the Fondness and Admiration System to renew respect and care for one another
- Create an Emotional Bank Account that you can draw upon in times of stress
- Develop your problem-solving skills, including the 6 skills for effective conflict resolution

Workshop Information

Schedule (second weekend of every month):
Saturday – Sunday, 8:30am – 5:00pm

Registration Check-In:
Saturday, 8:00 – 8:30am

Location: TuckerWorks Studio,
Redlands CA

Cost:

Early Bird Ticket

(book prior 2 weeks prior): \$945 per couple

Regular Ticket

\$995 per couple

Military and Therapist discounts available

Cancellation Policy:

If cancellation is made by the early registration cut off, a full refund less a \$100.00 processing fee will be given. After the cut-off date, your registration will be converted to a credit for a future workshop within the following twelve months.

Register at:

<https://www.craigtuckerlcsw.com/#ASL>

SPECIAL OFFERS

Mental Health Clinicians or Clients of Craig Tucker, LCSW

All licensed mental health clinicians and Clients of Craig Tucker, LCSW are now eligible for a \$200 discount off the regular ticket rate to attend The Art and Science of Love workshop with Inland Southern Couples California Workshops. The workshop experience is will help you to better integrate Gottman Interventions into your relationship and in your work with couples. Please go to <https://www.craigtuckerlcsw.com/#ASL> to request the PROMO code. **Please provide your license number for verification and your board website.**

Armed Forces

It is an honor to support the military and their families. All active-duty military and veterans are eligible to receive a \$200 discount off the regular ticket rate to attend The Art and Science of Love workshop with Inland Southern Couples California Workshops. Please go to <https://www.craigtuckerlcsw.com/#ASL> to request the PROMO code. **Please provide service credentials for us to verify with the Defense Manpower Data Center's (DMDC).**

CANT MAKE IT?

The Art and Science of Love: A DVD Workshop for Couples

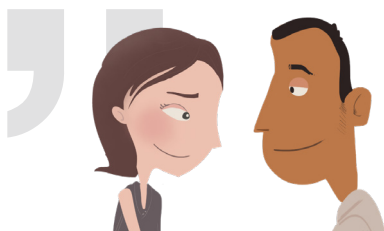
The Gottmans' popular couples workshop is now on DVD. Includes four DVDs and all workshop manuals and exercises. Available at **gottman.com**



Couples Workshops around the world:

Certified Gottman Couples Workshop Leaders offer workshops for couples around the world. See **gottman.com** for locations, dates, prices, and contact information.

This was the best weekend of our (almost) two year marriage. I felt so much more connected to my partner and our ability to tackle conflict by the end of the weekend — it was a very emotional two days and I am eternally grateful for the opportunity to attend this workshop.



This was a great learning experience for us both and I'm so glad that we spent our weekend working on our communication. I can't wait to see where our relationship can go now.

It was like three years of therapy! The tools you gave us were extremely helpful. We are continuing to use them. We were having horrible fights before. I didn't know my partner was capable of such deep empathy and understanding. This workshop was the best thing ever to happen to us. We plan to continue our hard work!



WHAT PEOPLE ARE SAYING

**Anonymous testimonials from real couples*

The Gottman Institute

The Gottman Institute, co-founded by Drs. John and Julie Gottman, is dedicated to researching and restoring relationships by offering workshops and resources for couples, families, and professionals. The Gottman Method is based upon Dr. John Gottman's four decades of research with over 3,000 couples.



gottman.com

Inland Southern California Couples Workshops

Inland Southern California Couples Workshops is an independent organization that provides Gottman Method workshops and trainings by certified Gottman Therapists to the Inland Southern California area. Inland Southern California Couples Workshops is not an affiliate of the Gottman Institute. All policies and offers are governed by Inland Southern California Couples Workshops.

www.craigtuckerlcsw.com/InlandSouthernCaliforniaCouplesWorkshops/

Craig Tucker, LCSW

Craig Tucker, LCSW is a Certified Gottman Therapist practicing in Redlands, California. He started his practice in 2002. Mr. Tucker is also a Certified EMDR therapist and quality rated CPT therapist. He has a background in forensic and military mental health. He has a depth of experience helping couples and individuals recover from life's most challenging problems. He has an extensive background as a trauma oriented therapist. His practice is informed by a deep understand the dynamics of of recovery from betrayal, lost trust, and shattered dreams.

www.craigtuckerlcsw.com